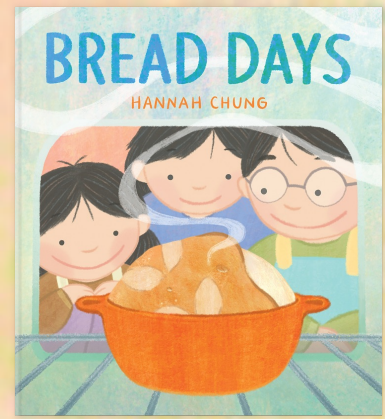


BREAD DAYS

Discussion Guide



ISBN 9781662621017 • Ages 4-8

Let's talk about the special things families do together.

- What are some things Nara and her papa do together on Bread Days?
- What does Nara love most about Bread Days?
- Do you have a special day or routine that you look forward to?
- How do you feel when you do something special with your family?
- Is there a food, smell, or sound that reminds you of someone you care about?

Let's think about how Nara feels and how we feel too.

- How did Nara feel when Papa couldn't do Bread Days anymore?
- What are some things that helped Nara feel close to Papa, even after he was gone?
- How did the kitchen feel different without Papa? Why do you think that mattered to Nara?
- Can you remember a time you missed someone? What helped you feel better?
- What does your body or heart feel like when you feel sad or miss someone?

Sometimes things change and we can still keep going.

- Why do you think Paolo, the starter, needed extra care?
- What helped bring Bread Days back? Did the Bread Days look the same as before?
- What do you think Nara learned by starting Bread Days again?
- Have you ever tried something again even when it was hard?
- What helps you feel brave when something around you feels different or unfamiliar?

Helping each other makes us stronger.

- How did Nara and Mama work together to bring back Bread Days?
- What does it mean to take care of something – like Paolo – together?
- How can we help others feel included or remembered?
- What's something small you could do today to make someone feel loved?